



Je'daii Work Out Plans

Lets be honest physical training is not fun, however it needs to be done. Jedi are guardians and a guardian who does not have strength are good cardio will fail. Some martial artist like Judo will talk about how leverage can make up for lack of strength however there is a certain level of strength is required.

It is important to know that we are Jedi not body builders and hitting the gym will not make you as big as a brick wall, but strong toned muscles are what we are looking for, not getting big and bulky.

Home Workouts

So you can not get to the gym.

OK we have a few ways we can go about training from here. We can use backpacks stuffed with books at weight you can control or 2 1 gallon milk jugs filled with a comfortable amount of water for you.

3 times a week

Upper body

Arm curls

Stand with feet shoulder distance apart. Arms out in front with your palms up, hands around handles. Bring your elbows down to one inch away from your hips. Now you are in position. Keeping your elbows in place move your hands up towards your shoulders. Either keep your palms facing up, or you can turn your wrists so your palms are facing each other. Lower down to starting position. Repeat 15 times rest for 30 sec. and go through a total of 3 times.

Arm extension

Stand with feet shoulder distance apart. Place hands around handles. Palms facing each other. Extend your arms over head. You want your elbows bent with your hands behind you. Gently move your hands up in the air so your arms are extended up, lower back down to starting position Repeat 15 times rest for 30 sec. and go through a total of 3 times.

Chest Press

Lay on your back. Have your hands around your devices handles elbows are bent and your hands are

going toward your shoulders. Lift your arms up into the air. Lower down to repeat the exercise. Repeat 15 times rest for 30 sec. and go through a total of 3 times.

Fly's and delts Sit on a chair hold milt jugs on each side of you. Extend your arms to either side of your body. Parallel to the ground. Now simply move your arms in out in front of you, to your arms going straight in front of you, bring back to starting position. Repeat 15 times rest for 30 sec. and go through a total of 3 times.

Daily fun stuff!

To do 2 days a week, the days you do not do the upper workout

Push ups 2 times daily

Regular way 1 set of 15 - 25

Knees down("girl pushups") 1 set of 15 - 25

Legs on chair 1 set of 15- 25

One leg crosses over other 1 set of 15 - 25

Reverse legs 1 set of 15 - 25

Crunches

2 times daily

Feet flat on round 1 set of 25

Knees on one side of body 1 set of 25

Knees on other side 1 set of 25

Knees in the air 1 set of 25

Pull ups

As many as you can do in 30 seconds, Try to beat, and go to a full minute

Palms facing out

Palms facing in

One palm in the other out

Jumping Jacks

4 sets of 25

Running

OK for 30 minutes get out and start walking around the block.

Every week you want to run for 5 minutes longer than you did the week before.

Example if you were only able to run for 5 minutes in week one run for 10 of the 30 minutes in week 2.

So forth and so on until you get up to 30 minutes, you can keep adding 5 minutes until you get up to a hour if you like.

30/60 Walk for 30/seconds run for 60 seconds 5-10 sets